



County of San Diego

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February 20, 2007

Dear North County School District:

On behalf of HealthLink North County, a school health collaborative of the County Health and Human Services Agency (HHS) North Regions, it is my pleasure to provide you with a FREE **“Nutrition to Grow On”** Toolkit. The County of San Diego Board of Supervisors, under the leadership of Chairman Ron Roberts and District 3 Supervisor Pam Slater-Price, has led a “Call to Action” by engaging numerous sectors of the community to address childhood obesity. HHS North Regions is pleased to respond by providing this important resource for 21 school districts throughout the North County.

The toolkit was created especially for school teachers to enable them to incorporate nutrition and gardening lessons into the school day to improve their students’ knowledge of and preference for healthy foods. Each toolkit provides teachers with the tools and supplies needed to lead classroom-based gardening and nutrition activities based on the “Nutrition to Grow On” curriculum which includes lesson plans, overheads, classroom activities, and gardening instruction.

Provided by the University of California Cooperative Extension, “Nutrition to Grow On” is a standards-based curriculum developed for 4th through 6th grade students and includes nine educational lessons each containing a 60 minute nutrition lesson and a 30 minute gardening lesson that address the following subjects:

- Nutrition and Health
- Arts
- History
- Mathematics
- Environmental Studies
- Science

These toolkits have been preassembled and are ready for use, thus greatly reducing the amount of teacher preparation time needed to conduct the lessons. We recommend that you establish a check-out system for the toolkit in accordance with your district procedures, and as part of that, we ask that teachers who use the toolkits fill out and return a brief evaluation form.

“Nutrition to Grow On” Toolkit

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We hope you find the “Nutrition to Grow On” Toolkit useful and supportive of your district’s Wellness Policy to promote health and wellness for your students. The San Diego County Office of Education, one of our collaborative partners in our childhood obesity prevention efforts, continues to be available to support districts in their wellness policy implementation. For assistance, please contact Mary Blackman, Health/Physical Education Coordinator, at (858) 569-5349 or mblackma@sdcoe.net

For questions about this toolkit (which will be delivered to your district office by mid-March), or for more information on additional nutrition and gardening resources for the classroom, please be sure to see the “Resources” pocket of the toolkit, or contact Carey Riccitelli, HealthLink North County coordinator, at (760) 740-4130 or carey.riccitelli@sdcounty.ca.gov.

Sincerely,

A handwritten signature in black ink that reads "Nick Macchione". The signature is written in a cursive, flowing style.

NICK MACCHIONE, M.S., M.P.H., F.A.C.H.E.

Deputy Director

NM/cr

Attachments